



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLC YMCA 2019 CABIN FEVER RELIEVER

Boys & Girls 5th & 6th Grade Tournament

Rules & Guidelines (8 Team Max)

- Team roster is limited to 12 players.
- The coach of each team is responsible for the proper conduct of his/her players, other coaches and fans associated with the team. Improper behavior will result in forfeit.
- A team should consist of girls in the 5th and 6th grades only or boys in the 5th and 6th grades only.
- All team should arrive 30 minutes prior to their game.
- All games consist two sixteen minute halves. The last two minutes of each half the clock will stop.
- Basket height set at 10 feet
- The time will stop for time outs and injuries only.
- The 3 point line will be used.
- Half time interval will be five minutes.
- In the event of a tie there will be a 3 minute overtime.
- Each team is allowed two 30 second and two 60 second timeouts. Each team receives one 30 second timeout and one 60 second timeout in each overtime.
- There is no pressing with a 15 point lead or more.
- Registration Fee \$165.00
- Two games guaranteed—Format TBD based on number of teams registered.

WHEN: March 15—17 Registration Deadline February 25
TIME: Bracket will be emailed to coaches / directors when tournament is full.

LOCATION: CENTRAL LINCOLN COUNTY YMCA
525 Main Street Damariscotta ME 04543
PO Box 787 Damariscotta ME 04543
Contact—Joe Clark at (207) 563—9622 and/or jclark@clcymca.org





CLC YMCA 2019 Cabin Fever Reliever Team Roster

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEAM NAME: _____ Please CIRCLE: Boys Girls

COACH (ES): _____

CONTACT INFORMATION:

Phone _____ EMAIL: _____

Player's Name:

Grade:

Jersey Number

1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
9	_____	_____
10	_____	_____
11	_____	_____
12	_____	_____

Please return this completed roster with payment to:

Joe Clark— Senior Program Director

Checks Payable to: Central Lincoln County YMCA

PO BOX 787 Damariscotta ME 04543

(P) 207-563-9622 (E) jclark@clcymca.org